

Would you recognize Jesus?
The ultimate debate about the race, skin colour and descent of the Son of God. Does it really matter?

Feature 11

SPOKE

A learning newsroom for journalism students

The climb of a lifetime

Take a majestic adventure up the monstrous Mount Kilimanjaro.

Feature 10

A gourmet of a day for women

Conestoga College celebrates International Women's Day with style.

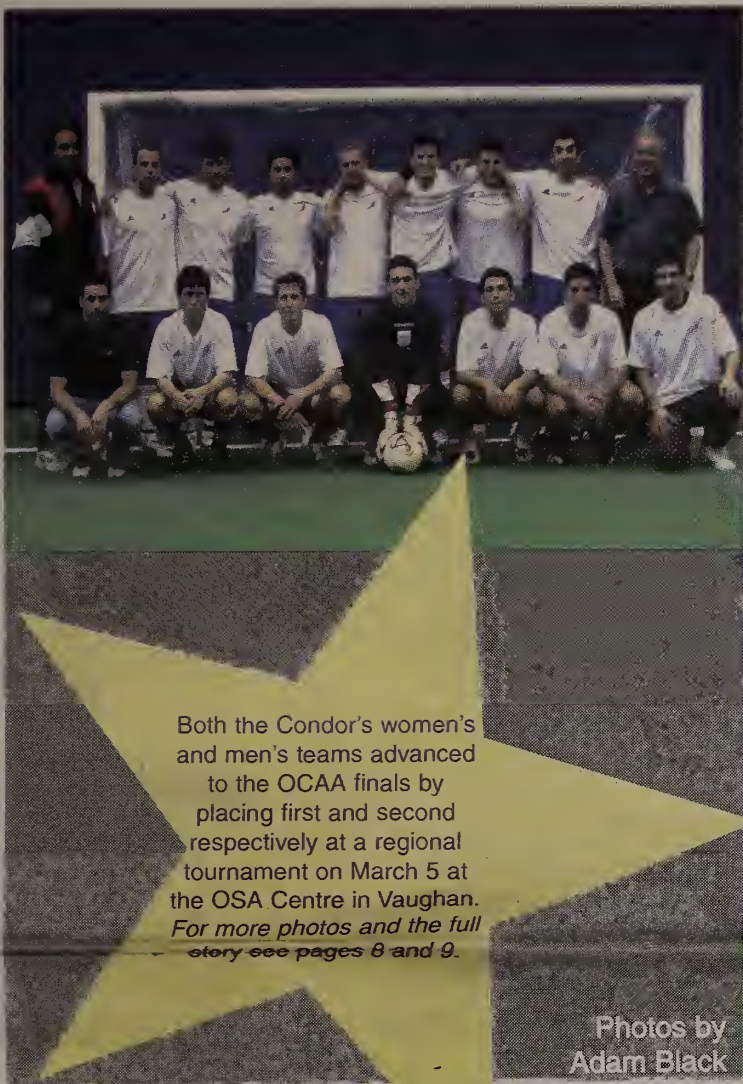
News 3

Monday, March 19, 2007

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

39th Year — No. 10



Both the Condor's women's and men's teams advanced to the OCAA finals by placing first and second respectively at a regional tournament on March 5 at the OSA Centre in Vaughan. For more photos and the full story see pages 8 and 9.

Photos by Adam Black

Conestoga's Rising Stars



Vote for CSI board of directors this week

By BRANDON WALKER

It's that time of year again. It's time to vote for next year's Conestoga Students Inc. board of directors.

Students can vote from Monday to Friday this week, with polls closing at 3 p.m. on Friday.

Voting takes place through the college website by clicking on Current Students and then clicking on a link at the top of the page or by signing into a computer at the college and clicking on a link on the startup screen.

Students have the opportunity to select seven directors from 12 candidates and can only vote once.

Information about all of the candidates is available on the college website.

Candidates gave speeches last Thursday in the Sanctuary trying to convince students to vote for him or her.

Directors are paid an honorarium of \$250 per month.

Student union president Matt Jackson said the number of students who participate in the voting varies from year to year.

Primary electoral officer and director Caleb Bender said students should vote for candidates who are self-motivated and have strong leadership skills.

"A board member should be creative and have a good understanding of the political side of things. A member of the board should also be level-headed."

It's important that students take part in the voting process because the board members will be representing them next year.

"They'll be the voice for students with issues like appealing a grade or negotiations for the Student Life Centre," Bender said.

Directors are also generally members of other important committees like Student Life or the Alumni Association.

He said this year's board of directors worked well together.

"I feel this board ran smoothly when faced with the Student Life Centre mess and I hope next year it runs just as smooth."

Two students receive co-op of the year 2006 awards

By LEANNE MOUNTFORD

The school year is almost over and for two graduating students their hard work has really paid off.

Heather Hennessy, a third-year student in the business administration marketing program, and Marisa Havens, a fourth-year student in the bachelor of applied technology architecture project and facility management program, are the two recipients of the co-op student of the year awards 2006.

Hennessy and Havens will each be presented with a framed Guild shield for their program and a \$250 monetary award at a ceremony being held in the blue room at Conestoga College's Doon campus on March 21 from 3 to 4:30 p.m., said Mary Wright, manager of co-op and career services at Conestoga College.

The ceremony is held during national co-op week which runs from March 19 to 23, said Wright.

Nomination forms are sent out to employers who hire co-op students throughout the year.

The Conestoga College co-op student of the year awards committee take the nomination forms and the nominees are scored on a scale of 50 points in categories including job achievement and academic achievement.

A number of employers support the award financially, said Wright.

One student from each school is able to be an award recipient. The

schools are: School of Business, School of Engineering and Information Technology, School of Trades and Apprenticeships and School of Health Sciences, Community Services and Biotechnology, said Wright.

The 2006 recipients are from the School of Business and the School of Engineering and Information Technology.

Nomination forms were not received from the other two schools that have co-op students, she added.

"This year we had 11 nominations with two award recipients," said Wright.

All nominees receive a certificate of recognition, she said.

The 2006 award is for students who went out on a work term for 2005/2006, said Wright.

Hennessy said she did her co-op with Desire2Learn, located in Kitchener. Desire2Learn is a leader in innovative eLearning solutions to academic and other leading organizations around the world.

"Co-op was a wonderful experience. It surpassed my expectations in every way," said Hennessy. "I had the opportunity to get involved with many aspects of marketing. I was able to apply the skills I obtained in-class at Conestoga to create a real impact on the business I worked for."

Havens worked for AECON Industrial at the Bruce Nuclear plant located in Tiverton, between

Kincardine and Port Elgin, on a project called the Bruce Used Fuel Dry Storage Project.

"I had wonderful co-op positions. They gave me great experience and a better idea of which direction I wanted my future career to focus on," said Havens.

Co-op eases the financial burden associated with post-secondary education and employers like to hire people with experience which co-op provides to students, she said.

Havens plans to treat herself to a graduation holiday or a guitar with the monetary award, but first she plans to take her boss and site crew out for wings and beer as they were the ones who made her co-op experience so incredible.

"As well, Tim, my boss, was the one who nominated me for this award by writing an extremely flattering letter."

Havens has also been identified as the co-op student of the year award recipient provincially and nationally, said Wright.

"Our provincial co-op association is known as Education at Work Ontario, and our national association is the Canadian Association for Co-operative Education," she said.

Each year, the provincial and national associations offer co-op of the year awards with the same criteria as the college award, said Wright.

"We actually use our local college award as a feeder to these other

award," she said. "Our students then compete with co-op students from across Canada to be selected. A nominations committee is struck at these levels and would include co-op practitioners from the college and university communities as members of the selection committees."

Havens said when she first received an e-mail titled, You Have Been Nominated a Winner she thought it was junk mail.

"I had to read the e-mail a couple of times as I didn't believe it at all. I was very excited and feel this is a great honour. It was a complete shock and surprise," said Havens.

Along with the co-op student of the year awards, the ceremony on March 21 will also recognize the co-op employer of the year award 2006 which is new this year, said Wright.

The employers can be nominated by students, co-op advisers and program co-ordinators. There have been three nominations by students.

The recipient of the Employer of the Year Award will be Automation Tooling Systems Inc, she said.

They have supported co-op at Conestoga for more than 12 years and have hired students from a diverse range of co-op programs, said Wright, adding they have strong involvement on the program advisory committees at the college and many students who work with them on co-op are often hired upon graduation.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What is your dream pet and why?



"I want Godzilla, don't ask why, I just want him."

*Dan Wilson,
first-year computer
programming/analyst*

"I want a pocket person to carry with me."

*Ashley Hunt,
first-year
broadcasting*



"I want a Squirtle from Pokemon."

*Amanda Cunev,
first-year
broadcasting*



"I want a hedgehog so I can name it Sonic."

*Ken Maskell,
first-year
mechanical
engineering*



"I want a monkey so I can teach it to steal things for me."

*Aaron Blonde,
first-year
mechanical
engineering*



"I want a beautiful shepherd dog."

*Soyaf Kamran,
first-year police
foundations*



Smile Conestoga, you could be our next respondent!



(Photo by Holly Featherstone)

Chinese Student Association of Conestoga members Aron Wang (left), financial director, and Sisi Wang, vice-president, held a bake sale to raise funds for a 3-on-3 basketball tournament.

Sale benefits basketball tourney

By HOLLY FEATHERSTONE

Appealing to the sweet tooth of Conestoga students has proven helpful in restoring campus club funds.

The Chinese Student Association of Conestoga (CSAC) held a bake sale March 6 to help replenish funds that were used for advertising the Lunarfest celebration Feb. 15.

"We didn't use much for Lunarfest from our funds, (but) I ordered almost 300 (Lunarfest) printings," said club president Kuilin Wang. The printings included sponsorship packages and full-colour posters.

CSAC vice-president Sisi Wang and financial director Aron Wang presided over the bake sale, which cost \$55 in preparatory materials and entailed five hours of collabo-

orative baking among club members. "All the people from our association (baked)," said Aron Wang.

Egg tarts, cookies, tea eggs as

"It will welcome every student (in the school) and (we encourage) girls to get involved too."

*Kuilin Wang,
president of Chinese Student
Association of Conestoga*

well as cherry and chocolate cake wedges were among the enticing variety of treats for sale.

Aron Wang said they hoped to raise \$100. After the proceeds were tallied, the club generated \$95 in

sales, which resulted in a \$40 profit after material costs were covered.

"It's not very much, but it was a lovely donation from our Conestoga students and staff," said Kuilin Wang. "We (were) happy to run that activity."

Aron Wang said the profits will be put into the club's account for future use.

Kuilin Wang said the club plans to use the money for their next major activity: a three-on-three basketball competition. Details are yet to be released.

"It will welcome every student in (the school) and (we encourage) girls to get involved too," said Wang.

Aron Wang said he wants to remind the college that CSAC welcomes new members and urges student to participate in the events they organize.

Best friends can be male or female

By ALLISON STEINMAN

At times men and women seem light years apart, which prevents them from becoming friends. Sometimes though, it happens.

Which friendships are the best, those of the same gender or those with a member of the opposite sex?

Rebecca Kaster, 19, said the gender of her best friend Laura Steckle, whom she met in nursery school at age three, is an asset.

"She's probably a main confidante for me simply because she is female," said Kaster. "Her intuitiveness and empathy are qualities that, in my experience, are only truly evident in relationships between women."

Steckle, 19, agreed with her friend and said she values Kaster's ability to listen.

"When I talk to my male friends I wonder if they even listen to what I say," said Steckle, who enjoys watching movies with her friend.

"She remembers the things you tell her, I only have to tell her something once and she remembers."

Steckle added that the fact Kaster and she are both female makes it

easy to relate.

Rachel Van Allen, 18, and her friend 18-year-old Tommy Mayberry, on the other hand, definitely see the upside to having a best friend of the opposite sex.

"There's no drama," said Van Allen, who has been good friends with Mayberry for four years.

"I never have to worry about looking as good as he does when we go out."

Mayberry said it helps him to be able to talk to Van Allen about girls.

"It gives a personal perspective I couldn't get from another guy," he said.

Both friends list being constantly asked if they're dating as one of the drawbacks of having an opposite gender best friend.

"Sometimes people have just assumed that we are," said Mayberry. "When they find out we aren't and never have been, they almost can't believe it."

Mayberry added like most friends, they don't always see eye to eye.

"For lack of a better word you suffer through things, because hey, that's what great friends do."

CORRECTION

In the March 12 edition of Spoke a story had an incorrect headline. It read CSI VP says second Timmy's still a no-go when it should have said CSI VP says expanded Timmy's still a no-go. Spoke apologizes for the error.

**Got a hot
news tip?**

Call Spoke
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SPOKE

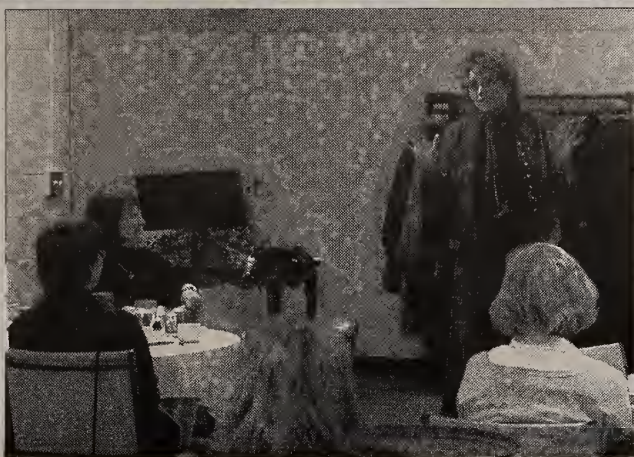
Celebrating International Women's Day in style ...



More than 50 women from the college community came out to celebrate International Women's Day with a four-course gourmet meal prepared by second-year food and beverage management students at the Waterloo campus.

Storyteller Mary-Eileen McClear, right, was a special treat for the dinner guests; she entertained the crowd with folk tales for nearly an hour.

Photos by Stephanie Irvine



By **STEPHANIE IRVINE**

The women's resource group of Conestoga College celebrated International Women's Day in style this year – gourmet style.

As it has done for nearly 10 years, the group hosted a sold-out evening of fine dining and entertainment at the college's Waterloo campus on March 6.

"It's really a celebration, and a chance to network with other women at the college," said Joan Magazine of the college's counselling office.

More than 50 women from the college purchased \$30 tickets and were treated to a four-course gourmet meal prepared by second-year food and beverage management students at the Waterloo campus.

The relocation of the Waterloo campus meant the dining room is smaller this year than in previous years, which Magazine said is both good and bad.

"It means fewer people can go, but it also makes it more intimate and cosy," she said.

Magazine said all proceeds from the evening would go to Mary's Place women's shelter in Kitchener.

After the meal – which received rave reviews from all – the women

were treated to a special guest.

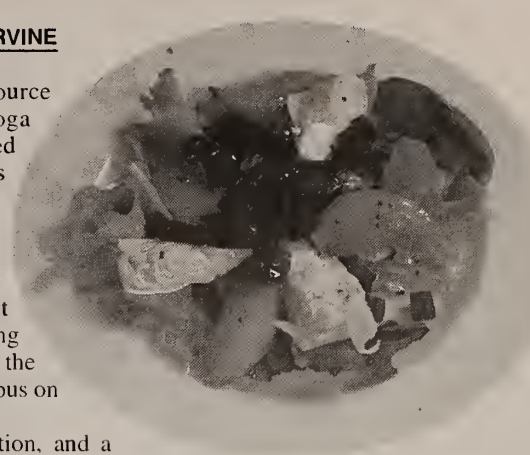
Mary-Eileen McClear of Baden is an award-winning and much-acclaimed storyteller who has travelled across Canada, and has been on CBC Radio and appeared at the Stratford Festival.

She held the audience rapt for nearly an hour as she told them three different folk tales, and was thanked by a roaring round of applause at the end.

"Stories are what we do," said McClear. "We all live our own story every day."

She went on to say stories are a very important part of our human nature, and it's even more important to pass them on.

"That's how the best stories work," she said. "They speak to you in the moment, but more importantly they stay with you."



... with help from those behind the scenes



(Photo by Stephanie Irvine)

Second-year food and beverage management students prepare a salad of roasted beet, caramelized pear and artichoke hearts on baby greens, topped with a lemon poppy seed dressing for the International Women's Day dinner.

By **STEPHANIE IRVINE**

It may have been devoured in no time, but preparations for the International Women's Day dinner took several hours.

Second-year food and beverage management students at Conestoga College's Waterloo campus were hard at work by 2:30 p.m. on March 6 making sure everything was perfect.

The students were responsible for everything – setting the tables, greeting the guests

and working the bar, not to mention preparing and serving the four-course gourmet meal.

And what a meal it was!

More than 50 guests were treated to a variety of colourful and exotic-looking drinks at the cash bar while they mingled and chatted happily until dinner was served at 6 p.m.

The first course was a thick and creamy mushroom and roasted garlic soup.

Following that they served roasted beet, caramelized pear and artichoke hearts on

baby greens, topped with a lemon poppy seed dressing.

The main course was roasted red pepper and chevre cheese-stuffed chicken supreme with a florentine sauce, served with parsnips tossed in herb butter and smashed redskin potatoes. Special arrangements were made for several guests who had specific dietary requirements as well.

Finally, the piece-de-resistance, dessert! Student Emma Wood prepared white chocolate crème brûlée served with a cinnamon-

dusted pastry, strawberries and a rich chocolate truffle on each plate.

The kitchen was chaotic throughout the evening as the students ensured each plate was prepared just so and everyone got their meals as quickly as possible. There was even a round of high-fives in the kitchen at the end of a very successful evening, and rightfully so – their grades are dependent on dinners like these.

For more information on dinners at the Waterloo campus dining room, call 519-885-0501.

And the winner is ... not the taxpayers

Canadians are always anxious after a new government comes into power.

On Jan. 23, 2006, the current minority Conservative government entered office and the familiar minority Liberal government was booted out.

Although it has only been a little over a year, the word on the street is a spring election will soon be called. According to recent polls, the Conservatives have a six-percentage-point lead nationally over the Liberals.

The support for the opposition decreased when Liberal Leader Stéphane Dion was elected.

If politicians hit the election trail, there is a strong possibility the Tories could gain a majority government.

But would another election serve any purpose?

Prime Minister Stephen Harper would answer yes.

Harper's government would likely get a new majority mandate and then could work on its own agenda, and wouldn't need the approval of the opposition.

Federal campaigns and elections cost millions of dollars. In 2000, the general election cost \$200 million.

Even though many people don't care who runs the country, they do care when their precious tax dollars are being wasted thanks to political propaganda.

There's also the headaches Canadians have to endure during election time.

Their everyday lives are bombarded with "vote for me" pleas.

Mailboxes are stuffed with endless pieces of junk mail filled with more "I will" statements, most of which are then promptly broken.

For those who aren't interested in politics, they have to suffer through hearing others mutter about parties, agendas, policies and leaders.

Landscapes are overrun with signs which just add to the garbage problem.

Having campaigns once every four years is enough for Canadians, unless there is a large scandal or the country's integrity is being affected.

It would be a lot easier on everyone if the Tories were to bite the bullet and keep their campaigning skills inside the House of Commons to make their minority government work.

The current government claims they are willing to do that.

They claim they are actively moving in a forward direction. However, rumours of a spring election are rampant.

The Liberals worked with a minority government for years; the Conservatives should do the same.

After all, two elections in two years is one too many.

Whether or not a person cares about who runs the country, their precious tax dollars are being wasted with political propaganda



It happens before every election, bombardment, bombardment, bombardment.

Fundraising gone wrong

Excuse me, would you like to buy a chocolate bar?

We've all run into them from time to time as they make it nearly impossible to escape.

I'm talking about the faithful fundraising adolescents who stand outside grocery stores and ask you to buy something from them.

I have to start off by saying that I understand that schools, churches, sports teams, etc. need funding.

My problem is not with the need to raise money, but the ways in which it is commonly done.

I have run into the same adolescent outside a local grocery store for a couple of months now.

During each encounter he not only stops me at the entrance of the store but also as I'm exiting the store.

Each time he asks if I would like to buy a chocolate bar and each



Tara Ricker

Opinion

I should not have to deal with being harassed to fork over money to a youngster every time I go to pick up a carton of milk.

time I turn down the offer by saying no thank you.

I was hoping he would start to get the hint that I'm not interested after continually refusing to purchase a chocolate bar, but instead of backing down, he has become more confrontational.

Not only would he bombard me every time I attempted to walk into the store, but after I would tell him I had no spare change, he would tell me to get cash back before leaving the store.

If schools and other organizations are going to send young fundraisers out into the community they should give them a lesson in respect and manners before doing so.

They should be informed not to act if they are working on commission and understand that no means no.

I should not have to deal with being harassed to fork over money to a youngster on a sports team every time I go to pick up a carton of milk.

Guess what?

If I am interested in what you are selling I will buy it, so please do not waste time asking me twice.

Letters are welcome



Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:
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Reunion tour rip-off?

This summer, the Police will tour for the first time since 1984.

The peerless trio will kick off their reunion tour on May 28 in Vancouver, B.C.

And as is perhaps befitting of a band of the Police's calibre and fame, 22 of the 36 scheduled North American gigs were already sold out by press time.

In fact, tickets for some of the venues sold out within minutes of becoming available.

It seems some venues want to take advantage of the hype that goes along with a reunion tour - the hype that allows them to charge ridiculous ticket prices.

In fact, floor tickets to their Nov. 8 show at the Air Canada Centre in Toronto are selling for \$225.

They are even offering package deals, ranging in price from \$260 to \$425.

I even searched for the best seats available through the Gold Hot Seat Package (also known as the two months of car insurance package), and the closest available seats were in row 28!

Yes, that was 28 ... trust me, I looked for the decimal place which might indicate row two, seat eight ... but to no avail. For \$225 to \$425 a ticket, I'd better be close enough for drummer Andy Summers to sweat on me ... not some 25 to 30 metres away.

To some people, especially diehard fans, the high cost of tickets for these concerts might seem a small price to pay for a chance to see a band they never thought they'd get the opportunity to see again.

The glass is always half full

Throughout my 20 years of living, I have really come to appreciate life. I have learned that not every day is guaranteed, and tomorrow is not promised.

During the trials and tribulations, good times and bad, which have made up my life, I've tried to keep a positive outlook on most situations. When life has thrown me a lemon, I would like to think that I have come out of that situation with a damn good glass of lemonade.

In every instance, the glass is half full versus being half empty. Seeing the good in everything has really shaped who I am today. Someone who appreciates life, loves to laugh and looks forward to what is next.

I don't handle situations in a negative manner. Disinterest or the unwillingness to listen and problem solve only brings about attitudes and an unsettled atmosphere. I think listening is key. The ability to comprehend someone's words for what they are is a gift. Absorbing what someone is trying to express is essential to you as a listener. I think if everyone used their ability to thoroughly listen to one another, the world would be a better place.

Some may find my view of life from such a positive standpoint a bit unbelievable, or perhaps annoying. I'm not saying getting upset,



Adam
Hannon

Opinion

Unfortunately, these diehards are the ones being preyed upon.

Don't get me wrong, the Police were (are?) a great and very talented band, but that shouldn't mean fans should have to mortgage their house to afford concert tickets.

In the fall I attended the concert of another band with a long history, British metal giants Iron Maiden. The same floor tickets I'd pay \$225 for to see the Police, I paid \$80 for to see Maiden.

Might I add that Iron Maiden has probably sold more records than the Police, since they have more than twice as many releases.

Sting's success and notoriety as a solo artist might be one of the factors affecting the high ticket prices for the aforementioned concerts.

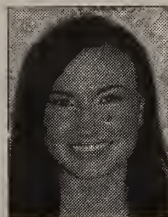
The dominating factor, however, appears to be greed.

Greed on behalf of the venues.

Greed by the band's management.

How far does it run?

It would be a sad day to see the band fronted by Sting, the rock star who supported environmentalist and humanitarian movements in the '80s, and performed at the rock telethon to raise money for the families of 9-11 victims, succumb to avarice and corruption.



Vanessa
Butler

Opinion

frustrated or aggravated is wrong. Sometimes things don't work out, or the outcome happens to be one that is not in your favour. You can't change the past, but you can shape and create your own future. I'm saying, deal with it in a positive manner. Agree to disagree. Forgive and forget. Don't hold grudges, you never know what tomorrow has in store.

Looking back, the number of hours I've spent laughing far outweigh the minutes in my life I've spent crying. I cherish my ability to wake up with a smile, and look forward to my day ahead. I don't like to think about what I should have or could have done better, only what I can and will do next time. Thinking of the glass as being half empty evokes greed. Constantly wanting more or thinking what's in it for me, won't get you the results you're looking for. Appreciating what you have and building on it, will. Realizing what you have to work with and having fun are key. Make sure you do it with a smile and a positive attitude.

Spring forward is more like winter forward

Spring forward and fall back are both normal parts of our year.

Most people will adjust their clocks and then keep on going as usual, but this year caught many people off guard with daylight time coming three weeks earlier.

The Canadian government decided to go along with the United States's policy to start daylight time on Sunday, March 11 and end it on Sunday, Nov. 3.

The main goal is to save energy and money in the long run, by having more hours of daylight in the evenings.

However, it has created a lot of stress for hundreds of technological wizards.

Places like hospitals that have advanced technology that relies on the dates and time to be precise, were all scrambling to program their computers for the big change.

Computer experts even went as far as saying that our new spring forward would be a mini Y2K, because the computers wouldn't be



Peggy
O'Neill

Opinion

changing their clocks ahead until the first week of April. But we all know what happened when we rang in the year 2000 ... absolutely nothing and this time around it was the same thing.

The media, computer experts and the general public made our new spring forward out to be a disaster for some companies and institutions.

Although the new change may have been a hassle for programmers who spent hours trying to avoid disorder and confusion at 2 a.m. on March 11, it is going to be worth the energy we'll be saving.

The assumption is that Canadians won't be using as much electricity

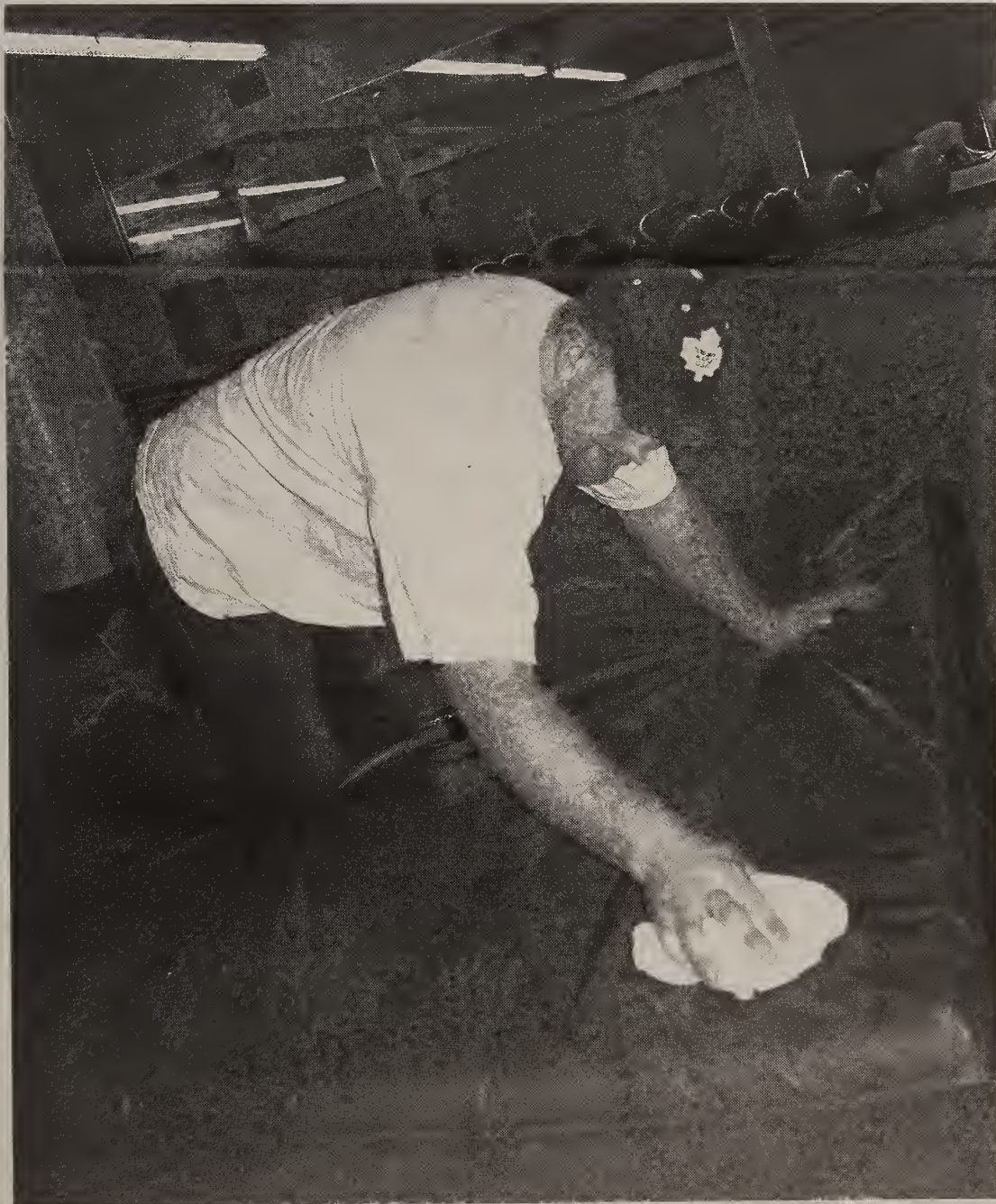
because they will have more natural light longer.

I can't be positive that everyone will be saving energy due to our longer daylight hours, but it does make the majority of the population more aware of the fact that we do need to start conserving energy, and I think this is a good step forward.

The majority of annoyances will most likely be experienced by people who own Blackberries, cell-phones or electronic day timers who will now have to manually reset the time.

If you knew about the new daylight time in advance then it would have been a good idea to have a backup plan like saving onto another drive for security.

The new "winter forward" hasn't been that detrimental and personally I'm willing to give up that hour of sleep and possibly experience a mini Y2K for the energy that we will be saving over the next few months.



(Photo by Tiffany McCormick)

Student at work

Fourth-year civil engineering and technology student, Nate Dempster, washes down the mats in the multi-purpose room of the rec centre. Dempster has worked at the centre for the past four years in the weight room and does maintenance. Some of his tasks include cleaning the exercise machines, putting away weights and washing towels, as well as sweeping and mopping the change rooms and cleaning the gym, all which help keep the building clean. "It's pretty busy around here," he said. Dempster usually works two shifts a week and fills in whenever needed.

Students test software skills

By TIFFANY MCCORMICK

Documents, slide shows and spreadsheets were the order of the day as students took part in Conestoga's first IT Software Application Competition on Feb. 15.

The competition, a first for all colleges across Ontario, was sponsored by Skills Canada Ontario which had students testing their Microsoft abilities using PowerPoint, Word, Excel and Access.

Students had half-hour time frames to complete a slide show, mail merging documents, create advanced spreadsheets with formulas and a database with imported data.

This competition has run for the past six years but only for high school students, and was expanded to the college level.

Skills Canada aims to promote careers in skills trade technologies to young people in Ontario as a viable first choice for employment.

Gail Smyth, executive director for Skills Canada Ontario, said the competitions have always gone well in the past and are very popular.

She said one of the main reasons Skills Canada holds these competitions is "to encourage more young people to look at IT as a career."

There was no program specification for the competition, so anyone could sign up.

"We wanted to make sure everyone had the opportunity to take part in this challenge," said Sheila Hyslop, office administration co-ordinator. "It's a great opportunity for students who want to showcase their skills and compete not only locally but also nationally."

The top two winners will go on to compete in the local level and if successful there, will advance to Saskatchewan for the national competition in June.

Only eight students competed in the two-hour exam, but Hyslop attributes that to the competition's newness, reading week and mid-terms, but said she would like to see more students involved.

"I'm hoping next year more students will take the challenge," she said.

Third-year business administration management studies student, Andrew Chipperfield, said he liked the fact that the competition was difficult and well laid out.

"It showed what is possible for a technical school and how it delivers some additional skills outside of the standard classroom setting," he said.

Chipperfield was the top winner

of the competition and said he is looking forward to the local level where "I will have to know my stuff and prove that I can do it again."

He is hoping to continue on to the Canadian level "just to see what skills I can come away with." The skills he already applied in the first level are practical to him as he said he uses PowerPoint every week and Word for typing assignments.

Chipperfield, who is graduating at the end of the semester, said he would have taken part in the competition next year if he was still at Conestoga.

"It was a challenge and tested us like no other test or exam could have," he said.

Josue Perez, a materials and operations management co-op student, said he was drawn to the competition out of curiosity.

"It was exciting because I didn't know what to expect and I was enthusiastic to be part of this for the first time," he said.

Perez, who can see himself working as a logistics manager in the next five years, said the competition was useful to him because in his program they use "primarily Access and Excel. We do use Word and PowerPoint but not to a high level."

Perez will be graduating at the end of the semester but said he would without a doubt join the competition if he was returning. Right now he is looking forward to the local level and hopes to continue to the Canadian level in Saskatoon.

"I would like to travel a little this summer and get to visit outside Ontario," he said.

Barry Harrison, competition co-ordinator for Skills Canada Ontario, said this particular competition helps students with problem solving, dealing with high-pressure situations and makes them think on their feet.

"I hope students become more employable," he said as a result of the competition.

"I hope they take this experience and apply it to a career down the road."

Harrison said the post-secondary element applies only to colleges and apprenticeship programs who are affiliated with Skills Canada Ontario.

"There's a focus on the hands-on approach to learning," he said. "Universities generally don't have that."

Two students per college are permitted to proceed to the local competition which will take place at RIM Park on May 2.



(Photo by Tiffany McCormick)

From left: James Weare, office administration professor, Josue Perez, materials and operations management student, Andrew Chipperfield, business administration management studies student, Sheila Hyslop, office administration co-ordinator, Liz Stacey, information technology co-ordinator, and Sylvia Holmes, legal office assistant co-ordinator, pose for a picture after the IT Software Application Competition on Feb. 15. Perez and Chipperfield were the winners of the competition, sponsored by Skills Canada Ontario, and will move on to the local level on May 2 at Rim Park. This is the first time colleges across the province have participated in this competition.

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It can't get any sweeter than this for Colbert

By ANNE LISE THOMPSON

Stephen Colbert, Comedy Central's host of the smash-hit show the Colbert Report, is yet again making headlines.

This time papers across North America have the scoop on a far less controversial story about Ben and Jerry's ice cream releasing a celebrity ice cream based on his character.

On his March 5 show, Colbert jokingly said he was thrilled Ben and Jerry's was finally focusing on the political right for a change, instead of the political left.

"I'm not afraid to say it. Dessert has a well-known liberal agenda," he said. "What I hope to do with this ice cream is bring some balance back to the freezer case."

The ice cream is named Stephen Colbert's AmeriCone Dream, and consists of a vanilla base with fudge-covered waffle-cone pieces and a caramel swirl.

Rob Michalak, a public relations officer for Ben and Jerry's ice cream, said although the flavour is developed in the Ben and Jerry's kitchen, a sample pint was sent to Colbert's home for the final approval.

"I'm told that not only Stephen,

but also his wife and child all gave it two-thumbs up," said Michalak.

The waffle cone was chosen as an

ingredient as a political pun (it means unable to make a decision) but Colbert was quick to announce to his viewers "this is the only time I will waffle." The sweet stuff has already

begin hitting shelves in some U.S. cities but at the time of publication, Ben and Jerry's was unsure of when it would make its Canadian debut.

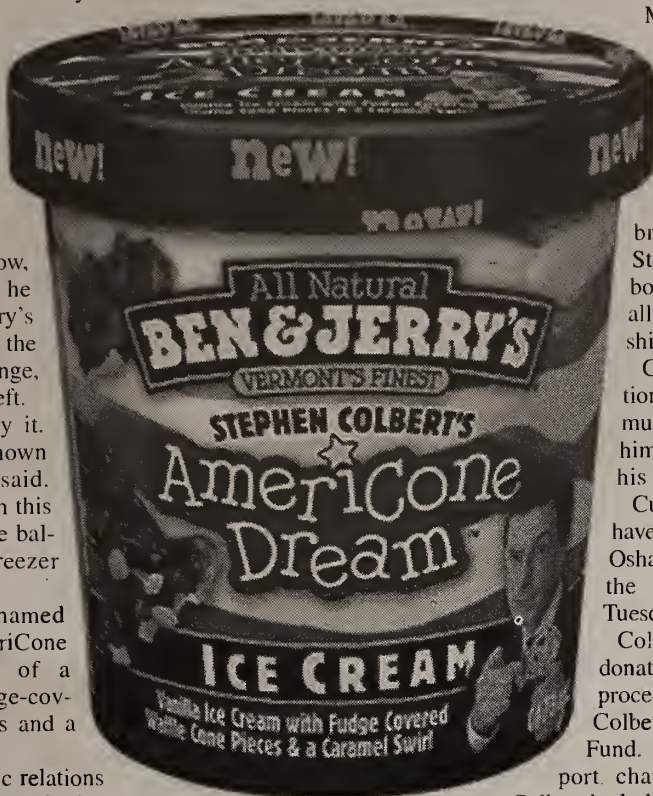
Michalak did, however, say there was a chance the city of Oshawa would receive some AmeriCone Dream on March 20 when they celebrate the first ever Stephen Colbert day, if border policies would allow the company to ship it.

Colbert's public relations staff is still staying mum on what Colbert himself has planned for his day.

Curious fans will either have to make the trip to Oshawa and/or tune in to the Colbert Report on Tuesday to find out.

Colbert has chosen to donate his portion of the proceeds to The Stephen Colbert AmeriCone Dream Fund. The fund will support charities important to Colbert including food and medical assistance for disadvantaged children, helping veterans and their families and environmental causes.

"I will save the world," Colbert told Ben and Jerry's, and indeed he will.



Walk for a cure for MS

By AMY MEADOWS

Canadians have one of the highest rates of multiple sclerosis in the world according to the MS Society of Canada.

Their website says every day in Canada, three people are diagnosed with the disease.

As of yet there is no cure.

On April 15 the MS society is holding their biggest fundraiser of the year and it is coming to K-W.

The Super Cities WALK for MS involves more than 70,000 participants and volunteers from coast-to-coast.

The money raised is put into research to find a cure.

The five- or 10-kilometre route begins at Federation Hall at the University of Waterloo at 10 a.m.

This year's honorary chairs are Mark Paine of KOOL FM and Janine Grespan of CTV.

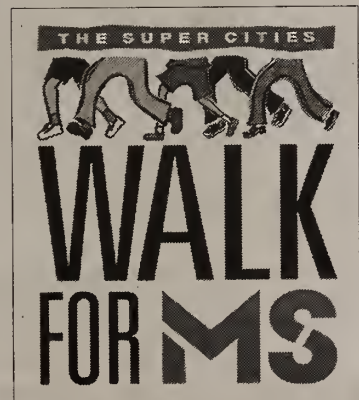
Grespan told the Waterloo chapter of the MS Society she supports the cause because she is at the age that many women develop MS.

"Its slow torture is ruining cherished plans for the future and robbing families of mothers, wives, daughters and sisters," she said.

Madeline Mills, client services co-ordinator for the MS Waterloo District Chapter, said there is a need for fundraising initiatives within the community to support a cure for this disease.

The society's website, www.mssociety.ca, lists MS as an

"unpredictable" disease that affects vision, speech, hearing, memory, balance and mobility. Its effects are physical, emotional (many MS patients suffer with depression) and financial with the cost of medication and the inability to work.



This year there are many ways to get involved.

You can pledge a walker online or in person and there is still time to sign up online to participate in the walk. Their website is also selling bands of hope to show your support.

The K-W Super Cities WALK remains popular and Mark Paine told the MS Society he is honoured to be a part of it.

"I'm inspired by how many friends and family of those that suffer from MS come out each year by the thousands to help the fight to find a cure," he said.

'FUN'DRAISING TIPS

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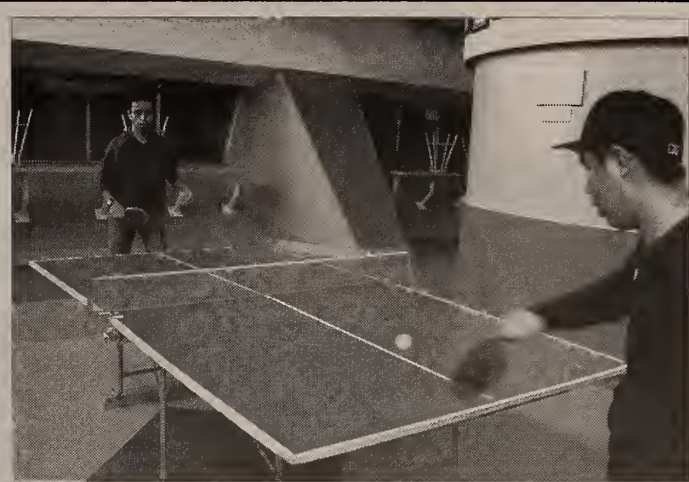
When you raise funds for the MS Society, you are directly helping people with MS and funding research about this mysterious disease. Try making the first pledge yourself. When your friends, colleagues and family members see your name and a contribution, they will see how serious you are.

■ Ask anyone and everyone.

Ask family and friends first. Once you've tackled the "easy ones," branching out is simple. Next, ask clients, co-workers, clubs, anyone and everyone. One top fundraiser asks everyone he knows to either join his team or make a pledge. He has a huge team, but many more people make pledges!

■ Save your spare change every day.

You'll be surprised how much you'll save for your own pledge by the time the event is here!



(Photo by Brandon Walker)


Keep your eye on the ball

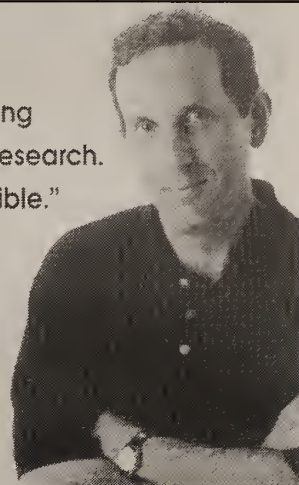
Nader Adibifar, left, and Huy Do, both first-year electronic engineer technician students, compete in a game of ping pong in the rec centre. Adibifar said they play a lot and it doesn't cost anything.

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Dr. Daniel Drucker, research scientist

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Women's indoor soccer team advances to OCAA finals



By ERIC MURPHY

The Conestoga women's varsity indoor soccer team advanced to the Ontario College Athletic Association finals with a first-place finish at the regional tournament at the Ontario Soccer Association Centre in Vaughan March 5.

It was a mix of excitement and relief as the Lady Condors clinched first place after a slow early morning start.

Assistant coach, Rebecca Miller, wasn't worried about the team's lacklustre start against the Niagara Knights.

"Sometimes it's harder getting focused during early morning games and whoever-can adapt quicker is the key," said the Conestoga grad. "A 0-0 tie isn't bad though. We had more chances but we just couldn't put the ball in the net."

In the next game, the Condors sent a message to all of their competitors as they came out focused and aggressive during their game against the Fanshawe Falcons.

Kim Lang, a business accounting student, put the Condors ahead by one with a goal in the opening minutes. Melissa DaSilva, a first-year legal office administration student, broke a 1-1 tie in the second half sending the Conestoga bench into a cheering frenzy.

The Condors sealed the win as Amber Kennedy, a second-year law and security administration student, beat the Fanshawe goalie with a blistering shot from the penalty spot.

This marked Conestoga's first win of their indoor season.

"It was our first victory this season and it felt great," said Lang. It was awesome. Wicked. Exciting."

The team felt they played well after their slow start in the morning. "We could have done better this morning," said DaSilva. "But the coaches gave a real good speech and a lot of encouragement and we came out and played very well as a team."

In the third game, Conestoga came out slow but managed to come out with a 1-1 draw against Redeemer College.

"We looked a little tired and didn't play one of our best games but we still finished in first and have a ticket to the regional finals," said Miller. "It's going to be really good soccer and not an easy journey but we'll be ready."

The OCAA regional championship will be held in Vaughan March 22 and 23.



Amber Kennedy, a second-year law and security administration student, attempts to get the ball by Niagara College defenders during their first game in the OCAA regional tournament in Vaughan March 5.



Photos by Eric Murphy



Top: Condor goalkeeper, Cortney Zettler, makes a diving attempt to stop Fanshawe College from scoring.

Above: Kim Lang, a business accounting student, tries to steal the ball from a Fanshawe Falcon player. The Condors beat the Falcons 3-2.

Left: Melissa DaSilva, a first-year legal office administration student, watches in anticipation as her shot makes it by the Niagara Knight keeper. The game ended in a 0-0 draw.

Men's indoor soccer team makes it to OCAA finals

By ADAM BLACK

The Conestoga men's varsity indoor soccer team advanced to the OCAA finals after placing second at the regional tournament on March 5 at the OSA Centre in Vaughan. The players exploded with excitement after their final match. It was a sigh of relief for the team who had another slow start to the tournament.

Coach Geoff Johnstone was ecstatic about his team's performance, even though they lost their first match 1-0 against the Niagara Knights in a less-than-stellar performance.

"I feel emotionally and physically drained," said Johnstone. "They always make it hard on me, we always (mess up) the first game and we have to fight our way back. But I'm so proud of the last two games, it was an emotional effort."

The team is concerned about their slow starts, and hopes to fix it

before the championship tournament.

"We're going to have to bring our top game, if not we're going to get killed," said forward Osman Kiamil. "We are going to have to improve."

The rest of the tournament was a display of great soccer. The Condors continued their aggressive play which they have been playing all season long.

The Condors beat the Algoma Thunderbirds in their second match 7-0 with two goals by Justin Barbuto and Jose Argueta and one apiece by Andy Ferreira, Kiamil and Zoran Kukic. In the third match they beat the Redeemer Royals 2-0 with goals by Argueta and Kiamil. The final match against the Fanshawe Falcons ended in a 1-1 draw with the lone goal scored by Jorge Cota.

The OCAA championships will be held March 22 and 23 at the OSA Centre.



The Condors huddle at halftime during a game against the Fanshawe Falcons at the regional tournament at the OSA Centre in Vaughan on March 5. The game ended in a 1-1 draw and allowed Conestoga to advance to the OCAA championships.



Zoran Kukic strips the ball from a Fanshawe player in the Condor defensive zone.



Condor goalkeeper, Shane Ditchfield, prepares to make one of his many saves against the Fanshawe Falcons.

Photos by Adam Black



Rich Parsons attempts to steal the ball from a Fanshawe forward in the Conestoga defensive zone.



Justin Barbuto heads the ball out of harm's way in a match against the Niagara Knights. The Condors lost 1-0.

Mount Kilimanjaro an exhilarating climb

By JENN SPRACH

(This is the first in a two-part series on a trip to Mount Kilimanjaro.)

Mount Kilimanjaro is one of the most majestic mountains on the planet, attracting tourists from all over the world.

It lies 328 kilometres south of the equator and is one of the largest free-standing mountains in the world with Uhuru Peak towering at an amazing 5,895 metres (19,336 feet) above sea level.

It's actually three inactive volcanoes, none of which has ever had an eruption recorded.

While some prefer to absorb her magnificent beauty from the foot of the mountain, the more adventurous dare to climb to the highest point.

Local Waterloo men Carl Elstner, 60, and his son Jordon, 27, a former Conestoga College student, recently returned from a trip where they climbed up to Uhuru Peak.

They started their ascent around midnight and didn't reach camp until around 7 a.m., said Carl.

It takes about five days to climb up and it takes another two days to descend.

They actually climbed higher than their designated camp because coming down from a higher altitude helps you adjust to it, he said.

"Only about 50 to 60 per cent make it to the top of the mountain due to altitude sickness."

They were very pleased they didn't get sick, because once you become ill you have to descend or you'll die.

The week prior to their arrival the Colorado Mountain Club had set up a tour to climb the mountain and only nine of 20 climbers made it to the top.

"I think it was the hardest thing I've done without a question," said Carl, adding, "It's very daunting because you get headaches, shortness of breath and every step is an effort."

Carl said the best thing to do is for people just to put their head down and take one step at a time.

"There was times where I thought, god there's no way I can make it and I despaired because I didn't know if I could," said Carl.

Most of the climbing was done during the night by head lamps, said Jordon.

"I didn't know what to expect and you couldn't really see what was up ahead," he said.

"It really came down to just following the footsteps of the person in front of you."

He said when he looked up at the sky there were more stars than he has ever seen.

"My aunt has a cottage in Muskoka and you think you see a lot up there, but in Africa there's so many more. I was amazed by how bright it seemed."

On the way up above the cloud line Carl witnessed a lightning

storm blowing in.

"Oh crap, we're not going to get stuck in that are we," Carl said, adding "the guide just laughed and said no. It didn't come anywhere near us, it's amazing to be that high."

The most surprising thing was that they started out in shorts and T-shirts and by the top they were in pants and sweaters, Jordon said.

"The higher you climb the less vegetation is there. We started out in dense forestation and by the top you're standing on an icefield, basically, you have to pack for all weather."

The temperature at the summit is like a Canadian winter on a windy day, feeling like -30 C, said Carl.

"I did see a mouse at the top," said Jordon. "It was weird because there was nothing around, yet a mouse was there."

When asked what the best part of the trip was, Jordon replied "the sense of accomplishment when I realized I'm at the top of the moun-

tain, you could see forever."

Carl said it was a wonderful achievement for them to reach the top.

Neither of them will be returning to climb Mount Kilimanjaro, although Jordon would like to climb a different mountain one day.

"Had we failed, I think there would be a temptation to go back and try it again," said Carl.

The trip organized by Good Earth Tours cost about \$2,200, not including flight for the two-week vacation. The price included the mountain climb, a four-day safari of the Serengeti and hotels.

Anyone who is travelling to Africa should bring extra clothes, school supplies or anything they don't need anymore for the residents.

"They're very poor there. My guide had trouble affording batteries for his headlamp," said Carl, adding, "They truly appreciate anything you can give them."

Next Week: On safari



(Internet photo)

Visitors to Mount Kilimanjaro can also go on safari.

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It's what's inside that really counts

A man of many faces, Jesus Christ has been depicted as white, black, blued eyed and rough skinned

By BJ RICHMOND

(This is the first in a three-part series on the history and life of Jesus Christ.)

It doesn't matter if he's black or white.

For that matter, it doesn't matter if he's Asian, Arab, fat, thin, short or tall. To most Christians around the world, all that truly matters is who he is, and that is Jesus Christ.

Since the 19th century, the race of Jesus has been a topic of debate. Even theologians from the early history of Christianity argued about the physical appearance of the Son of God.

Throughout the past 2,000 years, different societies have depicted Jesus, among other biblical figures, in their own image. For example, such western artists as Leonardo da Vinci and Michelangelo traditionally portrayed Jesus as Caucasian, handsome, long-haired and blue-eyed.

However, artists from the African Region often depict Christ as a dark, rough-skinned individual with short hair and



(Photo by BJ Richmond)

Although some debate the race and descent of Jesus Christ, others believe the Son of God transcends race and it is the man inside that truly matters.

Dr. Mark Goodacre, a New Testament scholar at the University of Birmingham, said he believes Jesus was not white or black, yet somewhere in between. In 2001, while collaborating with the BBC's Son of God program, Goodacre came up with his own theory on Jesus' appearance. He said even the earliest depictions of Jewish people, which date back to the third century, portrayed them as dark-skinned, thus Jesus would have been to.

Parks said he agrees that Jesus would have likely been olive-coloured like any typical Jewish man of that era. "He was obviously Jewish and from the line of David. There is nothing in his genealogy that says he is any different."

In some cultures, nonwhite depictions of Jesus Christ are criticized or outright dismissed. Some people even consider ethnic portrayals as blasphemous. The problems some have with ethnic depictions of Jesus dates back to when the Nazis claimed that Jesus was not Jewish.

Adolf Hitler argued that Jesus was a blond, Nordic individual of Celtic ancestry, on the grounds that Galilee was a colony where the Romans had probably installed Gallic legionaries, which would suggest Jesus was not Jewish.

Christian white supremacists, like Hitler, have commonly equated Christian identity with white racial separatism, sometimes using Biblical passages to argue their position.

Despite his geographical location and genealogy, some people use the Bible's descriptions of Christ to determine his appearance. Revelations 1:14 states "His hands and hairs white like wool, as white as snow."

However, in the very next verse,

"his feet like unto fine brass, as if they burned in a furnace."

With the Book of Revelations, and most of the Bible for that matter, contradicting itself, the descriptions are generally taken as highly symbolic.

Dr. David Haskell, assistant professor of journalism at Wilfrid Laurier University and expert in religion in the media, said the descriptions in the Bible cannot be interpreted as natural descriptions.

"On the other hand, nothing is surprising about the fact Jesus was a Jew and nothing historically or in scripture says that this is not the case."

The images in the Bible are full of vague poetic imagery, which attempt to glorify the heavenly body of Jesus, rather than give an accurate description of him. These glorified depictions of Christ are the ones typically found in merchandise sold at Christian-related gift shops.

Mary Gargton, a customer service representative for Ausburg Fortress Publishers in Kitchener, said the merchandise in their store portrays a traditional North American Jesus. "In our merchandise, Jesus is primarily of white

"His hands and hairs white like wool, as white as snow; his feet like unto fine brass, as if they burned in a furnace."

*Revelations,
1:14-15*

descent."

The store is a Lutheran-based bookstore, which sells primarily to Lutherans but is also open to the community. Selling church supplies, religious books and gifts, Gargton said the store does not commonly get ethnic customers.

She added she doesn't think it really matters to the store's customers which colour Jesus was.

Haskell said he agrees that the colour and race of Jesus Christ are not a crucial issue to those who worship Christianity. "I can't read his mind, but based on what we know, I don't think Jesus would have made a big deal about appearances."

Parks put it simply when he said Jesus transcends race. "It doesn't matter what colour skin Jesus had, it was the man inside that mattered."

Next week: The Lost Tomb of Jesus Christ. Has the body of the Son of God really been discovered?

In some cultures, non-white depictions of Jesus Christ are criticized or outright dismissed.

brown eyes.

These representations are usually not intended to be historically accurate and are always characterized as the race of the artist or target audience of the art.

One of the most recent incidents which fueled the race debate was Britain's The New Nation newspaper's decision to name Jesus Christ as history's top black icon in October 2004.

Since textual evidence and specific descriptions of Jesus are limited, there may never be any scientific proof to support the theories about Jesus' race.

Bob Parks, senior pastor at Benton Street Baptist Church in Kitchener, said Jesus' colour may be a matter for personal belief. "People tend to fashion Jesus after their own race, because we'd all like to have our own ownership of him."

As a basis for their decision, New Nation used a Christianity timeline to determine Jesus' skin colour as black.

According to the newspaper, Ethiopian Christianity always depicted Jesus from African descent, and this form of Christianity predates that of the European faction. Thus, the newspaper used the more-aged form of Christianity to determine Jesus' African ancestry.

To further solidify Jesus' African heritage, one theory suggests his ancestors were from Nigeria. Believers of this theory use Jesus' childhood in Egypt as an explanation, where presumably, his dark appearance did not make him stand out.

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April showers bring May colours

By SUMMER MCPHEE

"Women feel they always have to keep up with the new trends to be attractive," said Mariela Solis, who is a cosmetician at Shoppers Drug Mart. "Everyone wants to feel attractive."

She said a lot of women feel it is important for them to know what the new collections are for spring.

Solis added a lot of makeup artists attend fashion shows and take notes and pictures because they want to know what colours are coming in and what the designers are bringing out.

"They even base their colour choices on clothing textures, accessories and shoe patterns," said Solis. "They make it seem like more than just makeup, they make it seem like it's fashion to wear."

She said if a natural, casual look is coming out then the makeup will reflect that.

"I've seen certain collections where the clothes are casual and the makeup will then be earth tones."

She added the eye shadow colours for spring 2007 are purple, grey and green with a tropical island feel to them.

"The colours are earth tone but with a shimmer," said Solis. "You can wear them casually, or dress them up."

She said lip glosses have been very popular in the winter season and will continue to be popular into the spring.

"The lip gloss colours are very neutral. A lot of copper, golds and beiges are going to be coming in."

She added even though certain colours are going to be more popular for spring than others, women still need to watch what colours they're using based on their eye colour.

Solis said some people think if you have blue eyes you shouldn't wear blue eye shadow.

"It's not that you wear blue, it's a certain shade of blue you should avoid," she said.

"It's like red lipstick, everyone can wear red lipstick, just not the same shade."

She added knowing what colours are going to make a woman's eyes stand out the most is as simple as using the colour wheel.

"Anything opposite to your eye colour is a contrast and is going to make your eyes look dramatic."

Diem Nguyen, who is a first-year



(Photo by Summer McPhee)

Lisa Watier is one of Shoppers Drug Mart's first makeup lines to come out with spring's new shades.

general business student at Conestoga, said most women love to know what's in because it allows

them to maintain the image that society considers attractive.

"If they feel dark skin is what's in

and is considered attractive then women will go to any length to achieve it," she said.

Who let the dogs out?

By SAMANTHA SAECHAO

"Sit."
"Stay."
"Lay down."
"Don't move."

The words echo through the class, where puppies and their parents, also known as owners, learn basic commands so they can communicate better.

"Going to a puppy class is assuming that you have a blank slate about puppies," said the owner of Pet Stop, a store located at 600 Doon Village Rd. "In these classes I teach the basic commands every dog owner should know."

Pet Stop offers two evening classes, starting at 7 p.m. and 8 p.m. on Tuesdays, with a flat rate of \$125 for six sessions.

"It's more that I'm teaching the parent," said Mike Roy, the owner. "I teach the parent how to teach their puppies."

This is Pet Stop's first puppy class and a total of six parents and their puppies have registered. They are now into their fourth week of

training and in just two weeks there will be a graduation ceremony complete with a cake and certificates honouring those who have passed.

To join a class, the puppy has to be at least 12 weeks old and received two sets of vaccinations.

The dog must also wear a leash and collar.

If a class is missed a person doesn't have to worry since there are reviews at the beginning of each session.

"There's also homework," said

Roy. "It's assigned every week and it's just to go over what was taught in the class."

Each week another basic is added to the previous basic command and by the end of the course, all one can hope for is that the puppy has learned to at least sit, if not all the basics that have been taught.

The next classes will begin on Mondays starting April 2 at 7 p.m. and 8 p.m.

To join or to find out more, call Roy at 519-748-2333.

Kitchener boasts budget surplus

By ROSS ALDWORTH

Cutbacks to spending, unexpected tax revenue and a large return on investments have helped the City of Kitchener realize a \$4.46 million operating fund surplus as of Dec. 31, 2006.

Though the surplus was slightly less than the projected \$4.6 million predicted in budget reports in August 2006, no one is complaining.

"Obviously I'm very pleased that, through prudent spending and sound budgeting practices, staff has been able to realize a surplus," said Councillor Berry Vrbancic, chair of the city's finance and corporate services committee. He also pointed out the fact that the surplus directly helped city residents through improvements to services and reductions of taxes.

"It's always nice to realize a surplus, especially one that is tied significantly to staff doing more with less," added Councillor John Smola, vice chair of the finance and corporate services committee.

As a whole, city departments came in \$1.2 million under budget.

Nearly \$400,000 in savings resulted from vacant city staff positions and \$833,000 in winter maintenance costs was saved due to fewer winter events. As well, the City's investment income exceeded its \$3.1-million budget by \$1.6 million due to interest rates that were almost 51 per cent higher in 2006 as compared to 2005.

Supplementary property taxes added \$1.4 million to the total. Supplementary taxes are generated when the City issues extra assessments to properties that are newly constructed or have had improvements made to them. The city does not budget for this revenue as it fluctuates greatly from year to year.

The surplus funds have been transferred to the city's tax stabilization reserve fund. Money from this fund is used to fund out-of-the-ordinary, usually one-time, expenditures.

Additionally, funds are often transferred from the reserve fund to the operating budget to reduce the amount of tax dollars required to fund the operations of the City.



(Photo by Samantha Saechao)

Peter, a border collie lab, and Jacob, a border collie cattle dog, are the seniors of the Pet Stop class. They show examples of the basic movements to other dogs in the class.

Come and Join us in The Conestoga Dining Room here at the Waterloo Campus.

The Hospitality Management Year 2 class will prepare a four-course dinner for you.

Monday and Tuesday Nights

Doors open at 5:45pm

Cost between \$12.95- \$14.95 per person

(Drinks not included)

Reservations Required.

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HOROSCOPE

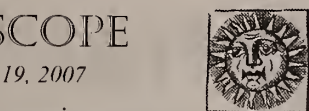
Week of March 19, 2007



Aries

March 21 -
April 19

Your stubbornness usually gets you what you want but you won't always be that fortunate. Being stubborn can have its downside and if you aren't careful, you may lose out on an opportunity because of it.



Libra

September 23 -
October 22

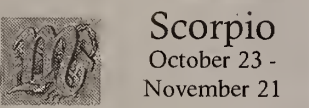
Can't get no satisfaction seems to be your tag line. When it comes to matters of the heart you enjoy playing games to keep you entertained. While you keep reaching for something better don't be surprised if you end up losing.



Taurus

April 20 - May 20

You stand your ground, no matter the elements. You are not one to be pushed aside or easily forgotten and you do not let people walk all over you. Keep that ground; backing down on your beliefs will leave you with regret.



Scorpio

October 23 -
November 21

Revenge is often attached to you as you are not one to let others get away with their wrong doings. While ensuring those you love are not hurt, do not hurt others and become the target for their revenge.



Gemini

May 21 - June 21

Communication is your best skill; you can easily calm a situation or get yourself out of trouble with your words. Don't lose this ability, rather keep it refined as communication is key in all aspects of life.



Sagittarius

November 22 -
December 21

Just like a child, you often say too much usually at the wrong time. You enjoy talking as conversation is a good skill of yours. While information can be good, you need to remember that some things are best left unspoken.



Cancer

June 22 - July 22

Patience is a virtue you possess. Unlike many, you can listen to an argument or annoying noise and remain calm. How do you do it? When others ask, share your knowledge, everyone could use a little more patience.



Capricorn

December 22 -
January 19

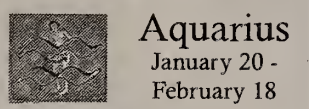
Investments are right up your alley as matters of business come easily to you. Numbers have meanings and you can immediately spot a good deal or wise choice. Don't be afraid to share this skill, it may be a wise investment.



Leo

July 23 - August 22

You like giving but don't like when people ask. Donating to the less fortunate isn't a pain for you as you are always willing to help out but you'd rather be the hero than the helper. Don't be too high-handed, it takes a lot of courage to ask for help.



Aquarius

January 20 -
February 18

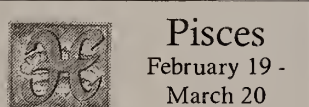
You imagination keeps a childish charm to your ways as you have the ability to see things from a completely different perspective. Be cautious though, sometimes your imagination can overreact and leave you feeling like a scared child.



Virgo

August 23 -
September 22

No matter the situation you always want the last word and the grand exit, why? What will you accomplish? The last word in movies is usually the big climax of a ready-made relationship but reality isn't scripted, be careful what you say.



Pisces

February 19 -
March 20

You enjoy helping others but sometimes so much it's to the point of self-neglect. While lending a helpful hand is a wonderful characteristic you have, don't forget about yourself and your needs. You can't always be the life saver.



Tiffany McCormick is a third-year journalism student holding fate in the palm of her hand.

Lennie B livens up Cambridge nightlife

By NATALIE ANDERSON

Cambridge's nightlife may be looking up, as Len Black, owner of the Mirage in Cambridge, looks to fill the void left by Fiddler's Green and the Lil' Big Horn.

Black sold the Hespeler Road building that housed the Mirage to the owners of The Blackshop Restaurant in Cambridge. The Blackshop, currently located in the west Galt area, plans to move into the new location in August. Black is opening what he called an "entertainment complex" on Collier-MacMillan, between Bishop Street and Sheldon Drive.

On one side of the building is Lennie B, a restaurant/tavern/nightclub. The other side is currently under construction and will become a dance club called Ty-Chant, after Black's kids, Tyler and Chantel. Black said he expects Ty-Chant to be open by the end of March. Eventually the Mirage will open in the back part of the building, but not until the licence is transferred from the other location.

Lennie B opened March 3 and Black said they have been quite busy.

"It's more or less a sports bar with free darts, free Texas hold 'em poker and free pool," he said. "We have \$2.95 beers, which you can't get any place in town, and \$4.99 for a pound of jumbo wings."

Black said eventually he is going to bring in professional wrestling, professional boxing and the Ultimate Fighter Champion tour.

"We're going to do venues in the



(Photo by Natalie Anderson)

Len Black, owner of the Mirage, opened his new bar, Lennie B, on March 3 in Cambridge.

summertime in the back," he said. "We're going to be bringing in portable trailers and bringing big name groups. We expect to put 3,000 to 4,000 people in the parking lot."

Black said the idea is to appeal to as many people as possible.

"Thursday night we're going to be spinning vinyl," he said. "Friday nights will be a rock night. We want to cater Saturday nights to country western and on Sundays

we have karaoke."

Black said the bar's first karaoke night was a success, bringing in between 50 and 60 people.

He said he is not worried that moving his establishment off of a main street in Cambridge will affect his business.

"We've been here in the entertainment business for 12 or 13 years," he said. "It's the sort of business where people will find you. We're only a block over, it's not as if we're moving to the other side of town."

The word seems to be spreading through the city and sparking interest.

"I've heard of Lennie B, but I've never been there," said Josh Hammer, who is in his second-year of a machine tool integrator and builder apprenticeship at Conestoga through ATS.

Hammer said he feels Cambridge is lacking any nightlife.

"It's so frustrating that we are growing so quickly but all the city keeps building are Tim Hortons and townhouses," he said. "There's so many people living here, but there's not very much to do."

Hammer said he hasn't decided if he is going to check Lennie B out for himself or wait until someone he knows tells him they like it.

Black said he is pleased with business so far, but he understands it's going to take time to grow.

"It's like anything else. You've got to advertise, you've got to do interviews and you'll get the word out," he said. "Once the word gets out and people know you're here, they'll come. If you build it, they will come."

Local rock band a hit at Go! Music Festival

By AARON SCHWAB

March 9 and 10 marked the first annual GO! Music Festival at multiple venues across uptown Waterloo, and one Waterloo musician hopes it won't be the last.

The festival, hosted by the Beat Goes On, consisted of simultaneous live music performances at the Starlight Lounge, Jane Bone, Duke of Wellington, Huether Hotel and the Fox and the Fiddle across the two nights, and featured over two dozen bands from the area.

Mike Christie, vocalist and rhythm guitarist for Waterloo indie rock band Intransit, played on March 10 at the Fox and the Fiddle, and said he was flattered to hear Intransit's application to the festival was accepted.

"We heard there were a lot of applications to play in the festival and we were happy to play with a solid group of bands from the area," he said. "It's awesome to know you're being recognized by your community for your music."

Christie said the crowd's reaction to his band's 45-minute set was warmer than he had been expecting.

"Lots of different people were out at the show that may not normally have been exposed to our style of music or the shows we normally play," he said. "But we got an amazing amount of great energy from the crowd, during and after the set. We received a ton of great remarks from audience members, more than at an average show."

"People seemed more compelled to approach us, both other bands and fans - there was a very sup-

portive and positive vibe throughout the night."

Christie said if the Beat Goes On hosts GO! for a second consecutive year, he'd definitely sign up again.

"We would love to share the stage with some of K-W's best bands and contribute even more to this community."

Intransit can be seen performing live at the Horseshoe Tavern in Toronto with Vacuity on April 20, and at the Shadow in Guelph with Machete Avenue on April 30. For more information on Intransit, visit www.intransitonline.com.

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Window cleaner required for summer. Kitchener, \$13 to start, 40+ hours per week. Fax resume 519-749-4022. No Highrise but second storey ladder work involved.

Phantom absolutely 'phan'tastic

By ANNELISE THOMPSON

Somehow a standing ovation given at the end of a recent Phantom of the Opera performance did not adequately express the appreciation felt by every member of the audience.

I, along with everyone else in the theatre, was hooked after the first few minutes of the production.

As soon as the Phantom of the Opera melody started in the overture, and the chandelier began to rise, I had goosebumps all over my skin. As the melody continued the set transformed from a broken down auction house to the lavish stage setting of a 19th century opera house magically before our eyes.

The sets were all richly decorated and drew you into the production with intricate details that pleased the eye as much as the score and vocals pleased the ear.

The role of Christine Daae is shared between Marni Rabb and Sarah Lawrence and I had the pleasure of seeing Lawrence perform.

She was perfectly cast as the innocent and naïve chantress and she was able to make us feel empathetic to her tainted and twisted relationship with the phantom. But the icing on the cake was the power, parameter and perfection that was her voice. She hit every note in every range effortlessly and took my breath away with the fullness of her fermatas.

As Lawrence sang the arias with astonishing accuracy I thought that she had the most beautiful voice I had ever heard but the true angel of music was John Cudia who played the phantom.

Cudia's voice flawlessly and fluently flows from forceful to faint

throughout the production and you can't help but fall in love with the character. He brings a sense of humanity to the tormented genius. There is no "bad guy" and your heart truly bleeds for him when he shouts, "the world showed no compassion to me!"

Cudia's voice flawlessly and fluently flows from forceful to faint throughout the production and you can't help but fall in love with the character.

And though Cudia's voice is incredible from the moment he appears on stage until curtain call, he takes the show by storm during his fiery duet with Laurence on The Point of no Return, a song the phantom has written for his own opera, Don Juan the Triumphant. It is during this performance where you can truly feel the passion these two characters have for each other. It is a love scene made entirely of lyrics and instrumentals where Raoul helplessly watches from his balcony seat. Michael Gillis, who plays Raoul, was picture perfect for the role, but needs to work on his pacing throughout his ballads. His speeding up and slowing down went unnoticed by most, but that was thanks to the attentiveness of the conductor.

The only criticism of the production was the casting of Kate Wray as Meg Giry. Wray attempted to handle the complexities of the score during her brief but essential

vocals, but it was quite apparent her background was ballet and not opera. During her duet with Laurence in the Angel of Music, she was off key, making audience members cringe and wince.

But since this is the fourth production she has played Meg Giry, hopefully she was just having an off night.

In short, the music of the night was a result of the brilliance that is Andrew Lloyd Webber, Sarah Lawrence, John Cudia and the incredible skills of the conductor, who seamlessly held the entire production together.

It was without a doubt the best production I have ever seen, and I feel truly blessed to have experienced this masterpiece first hand.

Bravo!

THE PHANTOM OF THE OPERA

Presented by: Cameron Mackintosh and the Really Useful Theatre Company Inc.

Music by: Andrew Lloyd Webber

Lyrics by: Charles Hart

Starring: John Cudia, Marni Rabb and Michael Gillis

Based on the novel 'Le Fantome de l'Opera' by: Gaston Leroux

Where: The Princess of Wales Theatre



(Internet photo)

Joseph nothing short of amazing

A full house was dazzled by a colourful performance

By ERIC MURPHY

It was opening night and Centre in the Square was the canvas as the cast of Joseph and the Amazing Technicolor Dreamcoat painted a musical masterpiece for a packed house March 8.

A dash of Las Vegas flair, a bucket of rainbow colours and incredible music by Broadway legend Andrew Lloyd Webber kept the Kitchener crowd singing, laughing and clapping.

This magnificent musical montage is a retelling of a story from the Bible of the insatiable jealousy 11 brothers have toward their father's favourite, Joseph (Adam Ryan Tackett).

As the envy grows over Joseph's ability to interpret dreams and his amazing coat the brothers sell Joseph into slavery to some passersby.

Joseph is soon sent to jail for refusing the advances of his owner's wife but his luck improves as people learn of his ability to interpret dreams and the

Pharaoh (Matt O'Brien), a throw-back to old Las Vegas Elvis impersonators, appoints him as his number 2 man in Egypt because of his abilities.

Eventually Joseph is reunited with his family as his starving brothers arrive in Egypt looking for his assistance and the show closes with a magnificent medley of all the songs performed throughout the evening.

The crowd, an eclectic mix of old and young, proved their Broadway prowess as they proudly sang along during performances of fan favourites such as Go, Go, Go Joseph, Poor, Poor Pharaoh and Benjamin Calypso.

The closing scene was amazing, as Joseph donned his beautiful coat once again, showering the theatre and the crowd in rainbow-coloured sparkles.

Joseph and the Amazing Technicolor Dreamcoat was a musical masterpiece of biblical magnitude. Andrew Lloyd Webber, thank you, thank you very much.

COUNSELLOR'S CORNER:

Stress and Stress Management

Part 2: Coping with Stress

In part 1, we discussed that stress is the continual change that we all face in our everyday lives, and that we respond to these changes in different ways physically, emotionally and mentally.

- ♦ A goal is not to eliminate stress but to learn how to manage it, even use it to help us. Raise your awareness of your stressors and your reactions to them. Don't ignore your problems.
If you failed the first test of a course, decide what you can do to increase your chance of success next time.
- ♦ What can you change? Can you avoid or eliminate the stressors?
Are you working too many hours? Is this interfering with your educational goals?
- ♦ Can you reduce the intensity of your reaction to stress? Are you making a difficult situation a disaster?
The presentation is only 5 minutes in length and worth 5% of your grade.
- ♦ Can you take better care of yourself, building your physical and emotional well-being? Exercise, sleep, nutritious eating and watching what you smoke and drink all add to your physical health.
Cut one cup of coffee from your morning routine.

Having mutually-supportive friendships, setting realistic rather than perfectionistic goals and being good to yourself all contribute to managing stress.

For further assistance, talk to a counsellor in Counselling Services.

A Message from Counselling Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>

Moksha yoga heating up

By KRISTIN GRIFFERTY

What better feeling is there, than having the sweat from your brow dripping down every inch of you as you contort your body and soul into challenging positions for the sake of your well-being?

Some may argue against this, but for many, this new feeling is something they strive for on a daily basis. And how is this achieved?

It's a new phenomenon called moksha yoga, and it is gaining popularity with many very loyal followers.

Moksha yoga, or "hot yoga" as

it is referred to, is a series of postures and positions that are practised in a heated studio.

The series is used to help stretch, strengthen and tone muscles while detoxifying the body and ridding it of all negative energy.

With several different types of classes, for beginners and the advanced, moksha yoga is more physically challenging than some might believe.

While the positions and poses are similar to regular yoga, the added element of extreme heat causes the individual to focus on the body itself, as well as breath-

ing and centring the body.

The room temperature is set at 40 C.

Instructor Michaud Garneau, who practises hot yoga in Toronto, said there is a sense of calm and accomplishment that comes with practising regularly.

"When I first heard about hot yoga, I thought it would be too overwhelming to be able to centre myself while in such a hot room," said Garneau. "But the heat really helps me focus on myself and what my body is doing."

Merissa Wallace, a newcomer to the practise, said she was worried she wouldn't be able to handle the

pressures of the heat while learning the poses, but she was pleasantly surprised.

"The room is a little intense," she admitted. "But after one class, I was dying to go back and really work on my poses."

According to believers, moksha yoga can help heal many ailments including stress, headaches, insomnia, depression, poor digestion, constipation and weight loss.

For those who are looking for something outside the conventional workout, visit www.mokshayoga.ca.

And as they say at the end of each session, namiste.

Prepping for playoffs

By ALEX MCNANNEY

Intramural sports at Conestoga College are gearing up for the playoffs.

In ice hockey, the D. Brooms and Snap-One-Off are tied after week six action atop the standings. Both teams have a 5-0-1 record for 11 points each.

In a tie for third are the P. Northstars and S. Predators, with 4-2-0 records. Coulter Eastwood is leading the league in scoring with 10 goals and nine assists, while Dan Gregorio of the S. Predators is second with nine goals and eight assists.

In ball hockey there is also a tie for the lead.

Team Corrupt and the Architects are tied with 5-1 records after game day six. In third are the Domers at 4-2 and the Hasty Passion Flakies are fourth with a 3-2-1 record.

In dodge ball, Rusty Manor is leading the charge with a 17-5 record. K. Command is 1.5 games behind in second with a 16-7 mark. Third are the Rusty Trombones at 16-8 and fourth are the Shooters at 14-9.

Volleyball also has a tight race at the top. The Over Nets are in first with a 17-2 record for 34 points, but the Night Hawks are on their tails, just two points behind at 16-2. Team 218 is third at 15-3 and the Norfolk Elite are in fourth at 12-5-1.

The Over Nets have had a potent offence in getting to the top, scoring a whopping 936 points.

And in soccer, the Dirty Cheats and Norfolk Elite are tied at the top with 3-0-2 records each.

In third are Kirchoff's Crew at 2-1-2 and fourth is Get Rec'd at 2-3. Nathan Bradshaw is leading the offence for the Dirty Cheats, scoring four times to lead the league.

Local tournament aiming for Guinness record

By MEGHAN KRELLER

A community tradition may put the City of Waterloo in the record books this spring.

The 22nd annual Roadbreakers Road Hockey Tournament is shooting to make the Guinness Book of World Records and officially be recognized as the biggest street hockey tournament in the world.

The event, held April 28 at the University of Waterloo, will need to register 324 teams in order to obtain the record.



(Internet photo)

"I just thought it was so incredible we had to check and see."

Shelley Lawrence,
Roadbreaker committee
member

Roadbreakers committee member Shelley Lawrence is confident they can make it happen.

"We've had enough teams in the

past but we've never actually gone for the record," said Lawrence.

If the target is reached, almost 1,300 kids will play simultaneously in the first round of four-on-four.

Lawrence said even before checking the facts, she knew the tournament had to be the largest of its kind.

"I just thought it was so incredible we had to check and see," she said. "I mean, who else does this?"

Although the tournament in itself

is a great way to get the community together, going for a record creates even more excitement, said Lawrence.

"Now that the kids and community are excited about it, it's a great way to get everyone working together and get Waterloo in the books," she said.

The community's response to the tournament has never waned, growing steadily from hardly any participants to more than 300

teams, said Lawrence.

Teams are made up of boys and girls, ages eight to 15. The kids play quick, non-contact games and the winners advance.

"It's about having fun," said Lawrence. "Everything is calm but the kids play hard."

Proceeds from the tournament go to The Central Ontario Development Riding Program/Pride Stables, a Kitchener-based organization that provides therapeutic horseback riding to children with disabilities.

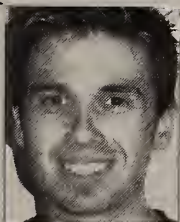
Lawrence, who is also the fund manager and volunteer co-ordinator for Pride Stables, said the Roadbreakers tournament usually raises about \$20,000 which is used to sponsor children for the program and for the general upkeep of the farm.

Teams of four are welcome to register until April 2 at a cost of \$100 per team.

For more information regarding registration or other general inquiries visit www.roadbreakers.ca

NHL teams should pay for goons' antics

What do New York Ranger tough guy, Ryan Hollweg, and Toronto Maple Leaf defenceman Tomas Kaberle have in common? Not a lot considering one is the top blue-liner and second leading scorer for his team and one is a career American Hockey League grinder who is near the bottom of his team in points this season. However, the two were kindred spirits earlier this month as they were both victims of vicious attacks.



Angelo
Mazziotti

Opinion

elbow of New Jersey Devil enforcer and former Guelph Storm Cam Janssen.

Now we have all seen stick work similar to what we saw from Chris Simon in the past. The NHL came down hard but fair on him, slapping Simon with a minimum sentence of 25 games, the longest in terms of games in league history.

The latter incident, however, is the one that really rattled me, and made me question a lot of league policies. Janssen isn't really what you would refer to as a "star player" in the NHL. To date, he has played 86 games and has recorded one goal and zero assists and has a grand total of 17 shots. The thing that stands out about his career NHL stats is that under the category of total penalty minutes, it says

189. I mean, let's face it, the guy is a few french fries short of a happy meal - trust me I know, I went to school with him. He is everything that is wrong with the NHL today. He is the type of player who has exactly one purpose in the game, to hurt the other team's best players.

The thing that has worked the Leaf nation into such a frenzy is Kaberle is the exact opposite type of player. He is second only to Mats Sundin on the Leafs with 49 points and only 18 penalty minutes.

So, for the last few games, Toronto has had to play without their best defenceman, while he has been out of the lineup due to a concussion and a bad case of the spins. The league handed down a three-game suspension to Janssen, a penalty which was far too lenient.

What I purpose goes a little something like this. Let's take this whole Kaberle situation for example.

Through no fault of their own,

the Leafs are without one of their highest paid players in Kaberle. He is set to make \$2.28 million this season whether he plays or not. So, in turn, the New Jersey Devils should have to sit out any number of players whose salaries add up to \$2.28 million until Kaberle returns to action. It's as simple as that. What's fair is fair. Why should one team have to play with a disadvantage because another team goes headhunting? You can bet dollars to hockey pucks the New Jersey Devils did not miss Cam Janssen while he served his three-game suspension, but I can guarantee, the Leafs will miss Kaberle, especially while in the midst of a very tight Eastern Conference playoff race.

All that being said, however, it will never happen. League commissioner Gary Bettman would argue a solution such as the one I suggested would hurt the game by not showcasing the leagues' stars as much as possible. Hmm, maybe we should send Cam Janssen to talk to him.

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Week of March 5

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- Gym Class Heroes
2. Don't Matter
- Akon
3. Go Getta (R. Kelly Chorus)
- Young Jeezy
4. Irreplaceable
- Beyonce
5. It's Not Over
- Daughtry
6. Lips of an Angel
- Hinder
7. On The Hotline
- Pretty Ricky
8. This Is Why I'm Hot (Chorus)
- MIMS
9. What Goes Around / Comes Around
- Justin Timberlake
10. You
- Lloyd

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Defence

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* Courses eligible for subsidized education program include: Computers and Information, Communications, or Control Systems — Electronics, Telecommunications, or Electronic Information Systems Technician — Computer, Computer Networks Engineering, or Telecommunications Technician — Wireless Communications, or Wireless Communications Computer Networks Technician — Communications, or Computer, Engineering Technology — Automotive Service Technician — Aircraft Avionics Maintenance, or Engineering Technology (Avionics) Program.

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